

CRUCERO DE CARRERA NitoCoach
MARATÓN DEL VALLE 42KM



TIEMPO OBJETIVO **5:48:25**
RITMO PROMEDIO **0:08:15**



km	Ritmo	Parcial	km	km	Ritmo	Parcial	km
1	0:08:20	0:08:20	1	22	0:08:15	3:02:50	22
2	0:08:20	0:16:40	2	23	0:08:10	3:11:00	23
3	0:08:20	0:25:00	3	24	0:08:05	3:19:05	24
4	0:08:15	0:33:15	4	25	0:08:15	3:27:20	25
5	0:08:15	0:41:30	5	26	0:08:15	3:35:35	26
6	0:08:20	0:49:50	6	27	0:08:15	3:43:50	27
7	0:08:20	0:58:10	7	28	0:08:10	3:52:00	28
8	0:08:20	1:06:30	8	29	0:08:10	4:00:10	29
9	0:08:20	1:14:50	9	30	0:08:15	4:08:25	30
10	0:08:20	1:23:10	10	31	0:08:15	4:16:40	31
11	0:08:20	1:31:30	11	32	0:08:10	4:24:50	32
12	0:08:15	1:39:45	12	33	0:08:10	4:33:00	33
13	0:08:15	1:48:00	13	34	0:08:10	4:41:10	34
14	0:08:15	1:56:15	14	35	0:08:10	4:49:20	35
15	0:08:15	2:04:30	15	36	0:08:15	4:57:35	36
16	0:08:15	2:12:45	16	37	0:08:10	5:05:45	37
17	0:08:15	2:21:00	17	38	0:08:10	5:13:55	38
18	0:08:20	2:29:20	18	39	0:08:20	5:22:15	39
19	0:08:25	2:37:45	19	40	0:08:20	5:30:35	40
20	0:08:25	2:46:10	20	41	0:08:15	5:38:50	41
21	0:08:25	2:54:35	21	42	0:08:15	5:47:05	42
				42.2	0:01:20	5:48:25	42.2

Tiempos

Primeros 21km	2:54:35
Segundos 21km	2:52:30

Ritmos Promedio

Primeros 21km	0:08:19
Segundos 21km	0:08:13

Ajuste 200m (42.2km) **5:48:25**
Ritmo Promedio Total **0:08:15**